

**WHAT IS CLAIMED IS:**

Claim 1. An inner sole for an article of footwear capable of being removed from the article of footwear, said inner sole comprising:

- an upper surface adapted to support a user's foot;
- a lower surface adapted to rest at a bottom of the article of footwear;
- an anti-slip insert comprising by an abrasive paper and positioned in a metatarsophalangeal articulation area.

Claim 2. An inner sole according to claim 1, wherein:

- said lower surface has a recess in which the anti-slip insert is positioned.

Claim 3. An inner sole according to claim 1, wherein:

- said anti-slip insert is constituted by a coating of an abrasive amalgam.

Claim 4. An inner sole according to claim 1, wherein:

- said anti-slip insert consists of said abrasive paper.

Claim 5. An article of footwear comprising:

- an inner sole removable from within the article of footwear, an abrasive insert being arranged between a lower surface of said inner sole and a bottom of said footwear.

Claim 6. An article of footwear according to claim 5, wherein:

- said abrasive insert is fixed to said lower surface of said inner sole.

Claim 7. A sports boot comprising:

a shell;

a liner positioned within said shell, said liner being non-fixed/removable from said shell, said liner having a bottom including an upwardly facing foot-supporting surface;

an inner sole supported by said upwardly facing foot-supporting surface;

an abrasive insert positioned between a lower surface of said inner sole and said upwardly facing foot-supporting surface of said liner.

Claim 8. A sports boot according to claim 7, wherein:

said liner includes a lasting sole and an upper, said upper of said liner and said lasting sole being sewn together;

said liner further includes an outer sole affixed beneath said lasting sole.

Claim 9. A sports boot according to claim 8, wherein:

said inner sole is positioned in contact with said lasting sole.

Claim 10. A sports boot according to claim 7, wherein:

said boot is a ski boot and said shell is a rigid plastic shell having been formed by injection molding.